

## **EXERCISING DEVICE**

### **BACKGROUND OF THE INVENTION**

#### **1. Field of the Invention**

The present invention relates to an exercising device, and more particularly to an exercising device for exercising a user's waist.

#### **2. Description of the Related Art**

A conventional exercising device 80 in accordance with the prior art shown in Fig. 1 is used to exercise the user's waist. However, the conventional exercising device 80 cannot be operated smoothly, thereby easily incurring the sport damage. In addition, the user has to exert a larger force to operate the conventional exercising device 80, so that the user consumes much energy and cannot achieve the exercising effect.

### **SUMMARY OF THE INVENTION**

The present invention is to mitigate and/or obviate the disadvantage of the conventional exercising device.

The primary objective of the present invention is to provide an exercising device for exercising a user's waist.

Another objective of the present invention is to provide an exercising device, wherein the user has to exert a force to overcome the elastic force of the belts, thereby achieving the purpose of exercising the user's body.

A further objective of the present invention is to provide an exercising device, wherein the rocking bar is arc-shaped so as to satisfy the

1 ergonomic design, so that the user can operate the exercising device in a  
2 comfortable and safe manner.

3 A further objective of the present invention is to provide an  
4 exercising device, wherein the user can operate the exercising device easily  
5 and conveniently, thereby facilitating the user operating the exercising device.

6 In accordance with the present invention, there is provided an  
7 exercising device comprising:

8 a main frame;

9 a support frame pivotally mounted on the main frame; and

10 an arc-shaped rocking bar fixed on the main frame.

11 Further benefits and advantages of the present invention will become  
12 apparent after a careful reading of the detailed description with appropriate  
13 reference to the accompanying drawings.

#### 14 **BRIEF DESCRIPTION OF THE DRAWINGS**

15 Fig. 1 is a perspective view of a conventional exercising device in  
16 accordance with the prior art;

17 Fig. 2 is a perspective view of an exercising device in accordance  
18 with the preferred embodiment of the present invention;

19 Fig. 3 is an exploded perspective view of the exercising device in  
20 accordance with the preferred embodiment of the present invention;

21 Fig. 4 is a partially side plan operational view of the exercising  
22 device as shown in Fig. 2;

1            Fig. 5 is a partially side plan view of the exercising device as shown  
2 in Fig. 2;

3            Fig. 6 is a schematic operational view of the exercising device as  
4 shown in Fig. 5 in use;

5            Fig. 7 is a schematic operational view of the exercising device as  
6 shown in Fig. 2 in use; and

7            Fig. 8 is a schematic operational view of the exercising device as  
8 shown in Fig. 7.

### 9            **DETAILED DESCRIPTION OF THE INVENTION**

10           Referring to the drawings and initially to Figs. 2 and 3, an exercising  
11 device in accordance with the preferred embodiment of the present invention  
12 comprises a main frame 10, a retractable bar 20, two operation handles 25, a  
13 support frame 30, and an arc-shaped rocking bar 60.

14           The main frame 10 has a first end formed with a plurality of adjusting  
15 holes 14 and a second end provided with a transverse support bar 11. The main  
16 frame 10 has a mediate portion provided with a fixed tube 13. The main frame  
17 10 is provided with two fixing plates 12 for mounting a backrest 40 by a  
18 plurality of screw members 90.

19           The retractable bar 20 is retractably mounted on the first end of the  
20 main frame 10 and has a first end formed with a positioning hole 24 aligning  
21 with one of the adjusting holes 14 of the main frame 10 and a second end

1 provided with a transverse fixing bar 21 for mounting a head cushion 50 by a  
2 plurality of screw members 900.

3 The exercising device further comprises a substantially V-shaped  
4 elastic plate 22 mounted in the retractable bar 20 and having a distal end  
5 provided with a positioning stub 220 extended through the positioning hole 24  
6 of the retractable bar 20 and detachably locked in one of the adjusting holes 14  
7 of the main frame 10.

8 Each of the two operation handles 25 is adjustably mounted on the  
9 support bar 11 of the main frame 10. Each of the two operation handles 25 has  
10 a first end provided with a protective grip 26 and a substantially arc-shaped  
11 second end. Each of the two operation handles 25 has a mediate portion  
12 provided with a transverse adjusting bar 27 adjustably mounted in the support  
13 bar 11 of the main frame 10.

14 The support frame 30 is substantially inverted Y-shaped and is  
15 pivotally mounted on the main frame 10. The support frame 30 has a first end  
16 formed with a substantially U-shaped pivot rack 32 pivotally mounted on the  
17 fixed tube 13 of the main frame 10 by a bolt 34 and a nut 36 and a second end  
18 formed with two support legs 38 each pivotally provided with a roller 31 by a  
19 bolt 902 and a nut 904. The pivot rack 32 of the support frame 30 is provided  
20 with a protruding limit rod 80.

1           The rocking bar 60 has two ends each fixed on the main frame 10 by  
2 a screw member 906. The rocking bar 60 is provided with a protruding limit  
3 rod 802.

4           The exercising device further comprises two opposite belts 70 each  
5 having a first end secured on an end of the limit rod 802 of the rocking bar 60  
6 and a second end secured on an end of the limit rod 80 of the pivot rack 32 of  
7 the support frame 30.

8           As shown in Figs. 2-4, the positioning stub 220 of the elastic plate 22  
9 mounted in the retractable bar 20 is extended through the positioning hole 24  
10 of the retractable bar 20 and detachably locked in one of the adjusting holes 14  
11 of the main frame 10, so that the retractable bar 20 is retractably mounted on  
12 the first end of the main frame 10 to adjust the height of the head cushion 50 so  
13 as to fit users of different heights.

14           In operation, referring to Figs. 2-8, the user's two hands hold the  
15 protective grips 26 of the two operation handles 25, with his/her back being  
16 rested on the backrest 40, and with his/her head being rested on the head  
17 cushion 50 as shown in Fig. 7. Then, the user's body is moved backward to  
18 press the main frame 10 backward as shown in Fig. 8 so as to rock the rocking  
19 bar 60 and to pivot the support frame 30, so that the support frame 30 is pivoted  
20 from the position as shown in Fig. 5 to the position as shown in Fig. 6 to  
21 extending the belts 70. Thus, the user has to exert a force to overcome the

1 elastic force of the belts 70, thereby achieving the purpose of exercising the  
2 user's waist.

3           Accordingly, the user has to exert a force to overcome the elastic  
4 force of the belts 70, thereby achieving the purpose of exercising the user's  
5 body. In addition, the rocking bar 60 is arc-shaped to satisfy the ergonomic  
6 design, so that the user can operate the exercising device in a comfortable and  
7 safe manner. Further, the user can operate the exercising device easily and  
8 conveniently, thereby facilitating the user operating the exercising device.

9           Although the invention has been explained in relation to its preferred  
10 embodiment(s) as mentioned above, it is to be understood that many other  
11 possible modifications and variations can be made without departing from the  
12 scope of the present invention. It is, therefore, contemplated that the appended  
13 claim or claims will cover such modifications and variations that fall within the  
14 true scope of the invention.